

Reduce RSI Using Acupressure

Take more **effective** break
Massage trigger points to
reduce fatigue in muscle.
When trigger points are
stimulated, neurochemicals
called endorphins are released
helping to relief pain.

Trigger Points Related to Pain Pattern



PAIN PATTERN ■ TRIGGER AREA x



Snap Fastener

Attached massage head onto
wrist brace.
[Easy to apply and remove]

Massage Head

stimulates the trigger points
Material: Stainless Steel Bead
coated with Silica Gel
[soft, stable, durable]

Cost

Each Steel bead: \$ 0.5
Silica Gel Coating: \$ 1
Wrist Brace: \$ 15 -70
(depending on material)

Design For



Ease of Use



Adjustability



Durability

- Users can choose their preferred wrist braces in the market.
- Wrist brace is easy to wear.
- Wear wrist brace does not affect circulation tasks in the library.
- Message heads can be applied to trigger points for other pains (consult acupuncturist).
- Message heads are cheap and can be replaced easily.
- The design concept is for but not limited to library workers.